

## RECENT PUBLICATIONS

### Book reviews

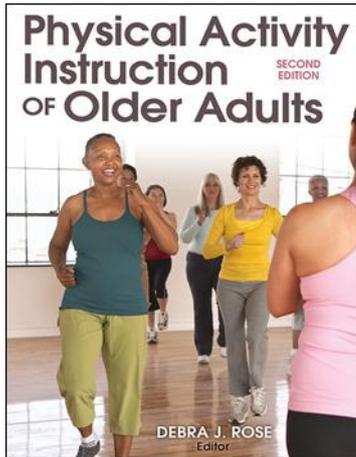
**Physical activity instruction of older adults. 2nd edition.**

(Instruirea adulților vârstnici în activitatea fizică)

Editor: Debra J. Rose

Human Kinetics, August 8<sup>th</sup>, 2018

432 pages; price: £ 89.99 (paper)/67.49 (pdf)



Less than 15 years have passed from the first edition of this special book, and we already have a second edition. Meantime, the prevalence of the old population has continuously increased, whereas its appetite for exercise has alarmingly collapsed, generating an increasingly urgent need for individuals to take a greater level of responsibility for their health and well-being. In other words, the need to attract old people to physical activity and to involve them in it has become a real global social problem, circumstances under which any book that may help fitness professionals in designing and implementing effective, safe, and fun physical activity programs for every older adult may only be considered welcomed.

As expected, the new edition comes with an updated review of the research and literature in the field, but at the same time it offers a new chapter - Chapter 9 - dedicated to the strategies enabling to integrate the six dimensions (physical, emotional, intellectual, vocational, spiritual, and social) of the whole-person wellness concept into the programs for older adults. The core sequence of this chapter demonstrates that the whole-person wellness and successful aging represent a winning combination. In fact, the entire text of the book is based on the *International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults* and addresses within its 18 chapters all the nine training modules in accordance with the respective guidelines.

Part I has four chapters and starts speaking about the field of gerokinesiology, a new specialized area of study

that focuses on professional training and research in physical activity and aging. The next chapter (*Predictors of successful aging*) presents not only the biological but also the psychological and sociological theories of aging, and concludes that nowadays we can even speak about models of successful aging, within which physical activity can be considered one of the most important determinants. Psychological and sociocultural aspects of physical activity for older adults represent the substance of Chapter 3, whereas the physiological aspects of aging are developed in Chapter 4.

The next group of three chapters offers the readers the most essential and topical information about the pre-exercise health screenings and assessments of the subjects, and also about how clients are assisted in developing short- and long-term behavioral goals. In this respect, Chapter 7 pays special attention to both the theoretical frameworks for behavioral change and particular factors that influence older adults' exercise participation.

From a practical point of view, part III, entitled "*Core program principles and training methods*", represents the key sequence of the book. It is composed of seven chapters and, as expected, begins by drawing attention to the most important aspects (and especially to the great heterogeneity of older adults) to be taken into consideration when designing exercise programs for this particular segment of population (Chapter 8). Then, it continues by teaching us how to manage warm-up and cool-down (Chapter 10), flexibility (11), resistance (12), aerobic (13), and balance and mobility (14) training sessions.

The first chapter of the last part speaks to the readers about how the nervous and musculoskeletal systems change with age and how the respective modifications influence the motor learning process, whereas the next chapter teaches them how to develop leadership skills and style, as well as instructional methods, techniques and strategies. Considering that frequently older adult age comes with some medical conditions, the penultimate chapter provides physical activity professionals with the most topical information on exercise prescription in patients with cardiovascular, pulmonary, metabolic, etc., disorders. The book ends with aspects regarding "legal standards, risk management and professional ethics" that have to govern the physical activity instructor profession.

With this new edition, Debra J. Rose and her collaborators offer students and fitness professionals not only a comprehensive updated text, but also several other features (photos, figures, tables, study questions, etc.) that will certainly enhance the readers' understanding and learning retention.

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